

# **Preservation of Vital Fluid (Semen)**

**(A Spiritual Perspective)**

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# Preservation of Vital Fluid (Semen)



- Science has advanced considerably in last 40 years and now it has come to a stage where *old physics* has given way to *new physics* and it is already stretching its limits to the borders of *metaphysics* (the spiritual science).
- All sciences are manifested extensions of ONE Spiritual Science. The right answer to preservation of vital fluid is always there in metaphysics.
- The reply given by material science (opinion of experts on sexuality) that loss of vital fluid (semen) does not lead to weakness or hair loss or the medical proof that it does not harm the body in any way, does not satisfy the seeker after truth.

# Drawn from 'Pran Sangli'



- The best reply is given by Guru Nanak in 'Pran Sangli', wherein He has described beautifully the merits of preserving the vital fluid (semen) and demerits of not doing so.
- This particular subject is of utmost importance for all of us and we have the right to know the wealth of spiritual wisdom that we have so that we can rightly use the divine gift of *free will* to preserve the vital fluid and it will definitely help us in finding the precious *jewel* (brilliant light of soul within the body) as promised by Guru Nanak.

# Follow Your Spiritual Mentors



- **We never fail to bow our head or cross our heart whenever we pass a temple, mosque, or a church.**
- **However, the real obeisance is if we try to understand and then live the teachings of our spiritual mentors.**
- **Mere mechanical motions do not help and in our ignorance we seek proof of sciences that are themselves lost babes in the vast wonderland of nature.**

# **Guru Nanak on Vital Drop – Merits & Demerits of Preserving or Loss of VF**



- **Merits**

- **Everybody talks of vital drop; seldom one does know super vital drop.**
- **Super vital drop is the jewel, those who search, find.**
- **Who can know it? One who contemplates finds it.**
- **One ties a cloth tightly over the organ.**
- **One does not close his eyes (sleep) for fear of loss of fluid.**
- **The mind, however, wanders in all directions.**
- **The mind which is running in the ten directions is controlled.**
- **O Nanak! The most precious jewel is found because of this control.**

# **MERITS of Preserving Vital Fluid**



- **The jewel is got by controlling the fluid.**
- **The mind is controlled by controlling the fluid.**
- **Light appears by controlling the fluid. The Lord is realized by controlling the fluid.**
- **The body becomes pure by controlling the fluid.**
- **Man becomes immortal by controlling the fluid.**
- **One knows himself by controlling the fluid. He approaches God by controlling the fluid.**
- **One realizes the Lord by controlling the fluid.**
- **O Nanak! One is freed from rebirth by controlling the fluid.**

# MERITS Continued:



- One knows all the secrets by controlling the fluid.
- One sees light by controlling the fluid.
- One conquers difficulties by controlling the fluid.
- One becomes fearless by controlling the fluid.
- One hears the unknowable melody by controlling the fluid.
- One knows the Lord by controlling the fluid.
- One becomes compassionate by controlling the fluid.
- One gets keen intellect by controlling the fluid.
- One knows the secrets of the body by controlling the fluid.
- O Nanak! There is seldom such a jewel among the millions.



# **“Jewel” refers to the Light of soul at “Third Eye”**



- **When the jewel is got, its light spreads.**
- **When the jewel is got, attention is fixed in melody.**
- **When the jewel is got, one merges in the spiritual regions.**
- **When the jewel is got, the faith in the unknowable is strengthened.**
- **When the jewel is got, the wonderful method is found.**
- **When the jewel is got, peace is obtained.**
- **When the jewel is got, all the wisdom is acquired.**
- **When the jewel is got, one engages in contemplation.**
- **[Brilliance of the Light of Soul far exceeds the luster of any jewel that we can find in this world.]**



# DEMERITS of Loosing Vital Fluid



- Those who waste the fluid lose the jewel.
- Those who waste the fluid are reborn.
- Those who waste the fluid undergo the cycle of eighty-four.
- Those who waste the fluid are over-powered by death.
- Those who waste the fluid have ailing bodies.
- Those who waste the fluid are tyrannized by negative power.
- Those who waste the fluid lose all.
- Those who waste the fluid suffer greatly.
- Those who waste the fluid get into difficulties.

# DEMERITS Continued:



- **Those who waste the fluid are ill-treated by lord of death.**
- **Those who waste the fluid suffer in the end.**
- **O Nanak! He who wastes the fluid shall have to weep.**
- **He who wastes the fluid has to be reborn.**
- **He who wastes the fluid always suffers.**
- **He who wastes the fluid gets into extreme troubles.**
- **He who wastes the fluid again enters the womb.**
- **He who wastes the fluid burns like fire.**
- **These are the consequences of waste of fluid.**
- **O Nanak! He who wastes the fluid is born again and again.**

# DEMERITS Continued:



- **He who does not control the fluid visits the wives of others.**
- **He who does not control the fluid weeps to the end.**
- **He who does not control the fluid is not able to carry out the Dharma (duties).**
- **He who does not control the fluid repents in the end.**
- **He who does not control the fluid is burnt by fire.**
- **He who does not control the fluid is degraded.**
- **He who does not control the fluid is sent to hell.**
- **He who does not control the fluid is unwise.**
- **O Nanak! He who wastes the fluid repents.**

# Benefits of Self-Control



- **What is the benefit of self-control?**
- By self-control depression disappears.
- **Who can describe the benefits of self-control?**
- By self-control one gets knowledge of all things.
- **What is the use of self-control?**
- By self-control one crosses the ocean of the world.
- By self-control one gets everything.
- By self-control one gets emancipation.

# **Maharaj Sawan Singh in 'Philosophy of the Masters'**



- **A man of good character values his vital fluid more than his life.**
- **He always carefully preserves it, because it is the cause of physical, mental and spiritual development.**
- **He is always strong and healthy.**
- **Laziness does not go near him.**
- **His face is never without its natural luster.**
- **His mind is steady and his intellect is sharp.**
- **All realized teachers have preached its preservation, because it bestows life's energy and its loss leads to death.**

# Maharaj Sawan Singh in 'Philosophy of the Masters'



- **“God is a vital force. He is a vital power.**
- **Man’s vital fluid is also the energy of life.**
- **Semen has a vital energy that supports our life.**
- **It produces luster in our eyes and adds color to our cheeks. It is the vital part of our blood.**
- **Scientists consider that 40 drops of blood form one drop of this vital fluid. It is a sort of white blood.**
- **When we lose even a few drops of blood, we are panic stricken, although it is much less valuable than the vital fluid.**
- **We, however, waste this vital fluid, which is the king of vitality, recklessly for the pleasure of a few seconds.**

# **Maharaj Sawan Singh in 'Philosophy of the Masters'**



- **We are ignorant of its benefits and debase ourselves by wasting it.**
- **In order to enjoy sexual pleasures, we drink our own blood and cut the roots of life with our own hands.**
- **Sensual pleasures are being indulged in on all sides, and the debasement is thought to be a civilized act.**
- **Our community and society is unconscious of it. We are in a very wretched state.**
- **Premature old age, loss of memory, impotence, diseases of the eyes, lungs, heart and the delicate organs are the results of its excessive loss.**



# Maharaj Sawan Singh in 'Philosophy of the Masters'



- This vital fluid is working in all the energy-giving organs of the body.
- It is produced from the marrow of the bones.
- A kind of fluid known as *chyle* is produced in the intestines after the intake of the food. From it blood is formed.
- Blood produces flesh, which in turn makes fat, and then bones are formed.
- The marrow of the bones produces semen, which is the most valuable essence of life. It is the most important of all the seven body forming essences.
- To preserve it in the body is celibacy.

# Lord Krishna also advises Arjuna thus in Chapter XVI of Holy Gita:



- **Verse 21** Lust, anger and greed – these constitute the threefold gate of hell leading to the destruction of the soul's welfare. These three, therefore, man should abandon.
- **Verse 22** By turning away from these three entrances to the realm of darkness, man behaves according to his own highest good and thereafter reaches the Supreme.
- **Verse 23** He who ignores the spiritual commands and follows his own foolish desires does not find happiness or perfection or the Infinite Goal.
- **Verse 24** Therefore, take the scriptures as your guide in determining what should be done and what should be avoided. With *intuitive understanding* (spiritual insight developed under the guidance of a realized teacher) of the injunctions declared in the holy writ, be pleased to perform thy duties here.

# Mikhail Naimy in 'The Book of Mirdad'



- **Mirdad's advice to Companions:**
- **You often hear men speak of 'human nature' as if it were a rigid element; well measured, well defined, exhaustively explored and firmly bounded on all sides by something they call Sex.**
- **To gratify sex passions is human nature. But to harness their turbulent onrush and use it as a means for overcoming sex is to go decidedly against human nature, and suffer in the end. So they say. Lend not an ear to their prattle.**
- **Let the non-yearners reproduce the race. The yearners have another race to propagate – even the race of overcomers. The race of overcomers descends not from back and womb. Rather does it ascend from celibate hearts whose blood is commanded by a dauntless will to overcome?**

# **Mikhail Naimy in 'The Book of Mirdad'**



- **I know that you and many more like you throughout the world have taken vows of celibacy.**
- **Not celibate are they who wear monastic garb and shut themselves away behind thick walls and massive iron gates.**
- **Many a monk and nun are lewder than the lewdest, though their flesh swear – and very truthfully – that it never communed with any other flesh.**
- **But celibate are they whose hearts and minds are celibate, whether they be in cloisters, or in the public marts.**

# Abstinence for a Celibate



- In order to be a celibate one should abstain from the following:
- 1. Do not look at a woman/man with lust.
- 2. Do not touch a woman/man with an idea of sex in mind.
- 3. Do not freely indulge in play and sports with women/men.
- 4. Do not indulge in talking about their beauty/handsomeness or listening to such talk.
- 5. Do not sit in a solitary place with a woman/man.
- 6. Do not think of a woman/man with a lustful idea.
- 7. Do not even think of sexual intercourse with a woman/man not to speak of actually having it.

# Conclusion



- **The aim of human life is to unite the soul with God. A person on the spiritual path should have only this goal in view.**
- ***Yoga teaches that in sexual intercourse, both men and women dissipate the reservoir of subtle life force inherent in the reproductive organs.***
- **The discipline of celibacy is one of the key requisites for self-realization. Life Force in fluid form is Vital Fluid and it should be used only for propagation of soul and not for pleasure.**
- **Preservation of Vital Fluid will automatically provide all merits as promised by Guru Nanak.**



Thank You